

## **POST OPERATIVE INFORMATION – VULVAL / VAGINAL EXCISION**

What you need to know after your operation.

You are advised not to operate heavy machinery, drive a motor vehicle, or sign any important or legal documents 24 hours after the operation due to the effects of the anaesthetic.

### **FOLLOW UP:**

- You require a post-operative check with your surgeon 4 weeks after surgery.
- Please call the rooms to arrange this.

### **VULVA WOUND CARE:**

- The stitches used on your wounds are dissolvable and do not need to be removed.
- Wounds on the vulva need to be kept clean and dry.
- Please wash the wound in the shower at least twice a day and after each time you use your bowels.
- Just use warm water to clean the area and avoid any soaps or creams on the wound.
- After each wash gently pat dry the wound.
- You will be supplied with an antibiotic ointment (Chlorsig) on discharge. Apply a thin layer of Chlorsig ointment on the wound after each wash.
- You can wear a panty liner or pad if required but change these frequently to avoid the wound getting moist or dirty.
- Having salt baths (plain table salt in warm water in a clean tub) one to two times a day is also helpful to keep the wound clean and assist healing. DO NOT use scented or chemical containing bath salts.

### **VAGINAL DISCHARGE:**

- You may experience a slight red or brown vulval or vaginal discharge for 2 to 3 weeks after surgery.
- Some vulval or vaginal wound discharge such as this is a normal part of healing.
- If you have any heavy bleeding, pass blood clots, or have offensive smelling discharge please contact the rooms OR attend your local doctor.

### **SEXUAL ACTIVITY, SWIMMING:**

- Avoid sexual intercourse until your post-operative check with your surgeon.
- Avoid spas or swimming until your post-operative check with your surgeon.

### **DISCHARGE MEDICATION/PAIN KILLERS:**

- Use simple pain relief such as Panadol and Nurofen after surgery. Take these regularly for the first few days after surgery. After this you can gradually decrease their use, until you only need them on an as needed basis.

- All your normal medications can be resumed once you are discharged unless directed otherwise.

**ACTIVITY:**

- Avoid strenuous exercise for at least 4 weeks after surgery.
- Avoid heavy lifting (greater than 2 to 3 kilos) or straining for at least 4 weeks after surgery.
- For some wounds, sitting may be restricted. Your surgeon will discuss this with you on discharge.
- Walking, providing you feel comfortable, is a good early activity and you will soon find out how much physical exercise you can tolerate.

**DIET:**

- Avoid constipation by eating a high fibre diet (wholegrains, beans, lentils, fruits, vegetables, pear/prune juices) in combination with adequate fluid intake. Water is best –up to 6 to 8 glasses per day.
- Use the prescribed stool softeners such as Coloxyl 2 tablets twice daily or Movicol 1-2 sachets per day regularly to avoid constipation and straining.

**DRIVING:**

- You should befit to drive once you are not experiencing pain, moving around freely and not taking any pain killers.

**BACK TO WORK:**

- Time off will depend on the type of operation you have had and what you do in your job. This is up to 6 weeks after major vulval or vaginal procedures. Please discuss with your surgeon.
- Please contact the rooms to arrange a certificate if required.

**SYMPTOMS TO REPORT TO YOUR DOCTOR:**

If you are experiencing:

- Fever
- Worsening pain around the vulva or vagina
- Worsening swelling or redness around the wound, groins, or legs
- Burning during urination or excessive urination
- Offensive smelling or discoloured vulval or vagina discharge
- Unusual shortness of breath or chest pains

OR if you are concerned about any aspect of how you are feeling; please contact the rooms, your local doctor or emergency department for review.

Phone: 07 3844 9932 Email: [welcome@gyon.com.au](mailto:welcome@gyon.com.au)